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Friday FACTS

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"Leadership, Partnership, and Championship"

Health Promotion Basics Course Update

The two-day Health Promotion Basics Course was developed to offer course participants the opportunity to gain the skills and knowledge needed regarding the process of developing, implementing, and evaluating an effective Command Health Promotion Program. While there are no rank restrictions to attend the course, it is targeted toward the E-5 through E-8 enlisted or lower ranked officer (O-1 through O-3) military member who has been assigned as Health Promotion Coordinator for their command. In addition to meeting the training requirement for the Force Commander Annual Health Promotion Unit Award ("Green H"), course participants will soon be able to earn CEUs for attending the course.



Course training teams have been established in almost all major areas of fleet concentration, Navywide, as well as at most REDCOMs, for Reserve personnel. The course will be offered as needed in each area. For the current listing of scheduled courses and the list of current POCs for each area where the course is being offered, go to the NEHC Health Promotion Training & Conferences homepage at [http://www-nehc.med.navy.mil/Directory/Health Promotion/Training & Conferences](http://www-nehc.med.navy.mil/Directory/Health%20Promotion/Training%20&%20Conferences). An N/A listed in the "Dates" column indicates that the course is offered in that area, but no course dates are currently available. Anyone interested in attending the course should contact the POC listed to register. If no course is currently scheduled, contact the POC listed to get put on the waiting list for the next scheduled course!

For further information regarding the Health Promotion Basics Course, contact Sally Vickers, Training Program Manager at vickerss@nehc.med.navy.mil or call (757) 953-0956 DSN: 377.

NUTRITION WISE—

Is Chocolate Now Considered Good for Our Health?

It's probably more accurate to say that chocolate is not as bad for our health as we once thought. Researchers have identified natural antioxidant substances



in chocolate that may offer some protection against development of heart disease and cancer. This group of antioxidants, called flavonoids, seems to protect cells from highly reactive molecules called "free radicals" that could otherwise damage cells, start the cancer development process, or convert cholesterol-carrying particles to a more damaging form. Also, studies show that the type of fat in chocolate does not raise blood cholesterol.

But antioxidant benefits can be attained with quite small amounts of chocolate, like about one-half ounce of dark chocolate. Since chocolate is concentrated in calories, eating larger portions regularly may make weight control more difficult. By contrast, fruits and vegetables are low in calories and supply antioxidant flavonoids along with other health-promoting phytochemicals, plus fiber and vitamins. Go ahead and enjoy small amounts of chocolate, but for major health benefits, work toward the recommendations of experts like the American Institute for Cancer Research, and frequently choose fruit for desserts and snacks.

Source: *Nutrition Wise* by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, <http://www.aicr.org>, (800) 843-8114. Reprinted with permission.

"The only thing people like to talk about more than eating is not eating." --- Joel Stein